



Mashed Cauliflower with Garlic and Truffle Oil

Ingredients:

- 1 16 oz. package plain frozen cauliflower
- 1 clove garlic, peeled
- 1 cup chicken stock
- 1 tbsp extra virgin olive oil
- 2 tsp white truffle olive oil
- Sea salt to taste
- Fresh ground pepper to taste

Directions:

1. Add frozen cauliflower, garlic, and chicken stock to a saucepan and cover. Bring to a boil and cook over medium-high heat for 4-6 minutes, until cauliflower is tender.
2. Strain cauliflower and garlic and add to a food processor with olive oil and truffle oil. Pulse to desired consistency.
3. Season with salt and pepper to taste.

Servings: makes 2 servings.

Each serving = 1 cup select vegetables, daily healthy fat.

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